

Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County
Clark County Health Department • Tobacco Prevention and Education Program

Issue 58

<http://www.clark.wa.gov/health/tobacco/tidbits.html>

March 2005

Web-site Makes it Easy to Dine Smoke-free in Washington

The Washington State Department of Health unveiled a new web-based interactive map in February that lists nearly 5,000 smoke-free restaurants (including some bars and taverns) around the state. You can find the online map, at www.secondhandsmokesyou.com. Clicking [Clark County](#) on the map brings up hundreds of restaurants in alphabetical order, including addresses, phone numbers and a map. Smoke-free restaurants in Skamania county will soon be listed as well. For a restaurant to be considered smoke-free, smoking must be prohibited throughout the entire establishment. That means no smoking in any indoor area including the bar or lounge. "Restaurants and bars are realizing that being smoke-free benefits their bottom line, is responsive to the public's desire for a healthy eating experience, and helps keep their employees healthy, too," said Theresa Cross, health educator with the Clark County Health Department.

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New Signs Send Clear Message About School Tobacco Policy

New signs let users and visitors of school property know that it is smoke-free at all times, even when school isn't in session and students are not present. The signs are being produced by the state Department of Health in response to a real community need. "Many adults and community members may not be aware that schools and school property are, by law, smoke-free environments and that the law does not just apply to students," said Deb Drandoff at ESD 112. "We see this frequently in situations where groups use school facilities on the weekends, or when adults attend evening school functions." Each school building is allocated 6 signs and it is recommended that they be placed in parking lots, ball fields, and gymnasiums. The signs are 12" x 15", and remind everyone that schools are tobacco-, drug-, and weapons-free "every day, all day, by everyone." For further information, contact [Deb Drandoff](#) at ESD 112 360.750.7500 x 303.

Free Smoking Cessation Classes Offered to Health Center Clients

The Wellness Project and Sea Mar Community Health Center are collaborating to offer tobacco cessation classes for the first time. The Wellness Project and Sea Mar Community Health Center provide mental and physical health services for people who have limited or no insurance in Clark County. The cessation classes are group sessions covering topics such as reasons to quit using tobacco, overcoming barriers and fears of quitting, coping with withdrawal symptoms and smoking triggers, establishing social supports, stress management techniques, and exploring nicotine replacement therapy options. To register or to learn more about this cessation program, contact [Jamie Zentner](#), health educator at Sea Mar Community Health Center, 360.574.4074. You will also find more class details on [page 4](#).

The New and Improved UnfilteredTV.com

A new HTML version of UnfilteredTV.com is now up and running! Focus groups conducted in 2004 revealed youth opinions about content, design and functionality of the former website. Youth reported that they liked the site, but it was often hard to access and locating information was difficult. The Washington State Department of Health kept the look and feel of the site while implementing new features, including eliminating the jump page, and making the homepage the first page visitors see when accessing the site. To see for yourself, click [here](#).

Tobacco Free Coalition of Clark County gets New Chair and Chair Elect

Louise Jenkins, RN, Stroke Program coordinator at the Southwest Washington Medical Center, is the new Chairperson of the Tobacco Free Coalition of Clark County. Donna Boyer, Probation Officer, Clark County Juvenile Court, will serve as the new Chair Elect. Louise replaces Gail Helland, Health Educator at the Southwest Washington Medical Center. We want to congratulate Gail for her leadership of the coalition for the past two years as Chair-elect from 2003-2004, then Chairperson from 2004-2005. Gail admirably juggled this position while working and also being enrolled as a full-time student in the School of Nursing at Clark College. [Louise Jenkins](#) can be reached at: 360.514.3273 Contact [Donna Boyer](#) at: 360.397.2201 x 4052

Tobacco Quit Line

877-270-STOP

toll-free

7 8 6 7

QUITLINE.COM

Free Patches or Nicotine Gum for Smokers Age 18 - 29

If you are a Washington resident between the ages of 18-29 you can enroll in "Stick it to Kick it," a free program to quit tobacco, which includes nicotine patches or gum and counseling. Just call the Tobacco Quit Line at 1.877.270.STOP (7867) or visit them online at www.quitline.com. For a limited time, you can receive a free, full course of treatment – nicotine patches or gum - to help you kick tobacco once and for all. That's over \$300 in value! Patches and gum are available to qualified individuals on a first come, first serve basis. Health insurance is not required. Learn more about the program at the next Cessation Task Force meeting. [See calendar](#).

Mary Selecky Reappointed as Secretary of Health

Governor Christine Gregoire has reappointed [Mary Selecky](#) as Secretary of Health. Mary has been an effective advocate for public health, including local public health, with other state department heads, the legislature, and with local, state and national partners. The work that Governor Gregoire has placed in her charge includes continuing to drive down the number of young people who use tobacco; working to ensure public confidence that the state health care professionals provide safe, quality care to patients; and building partnerships with local government.



Mary Selecky

Be on the Lookout for Vitamin Ads Claiming to Keep you Healthy While You Smoke

Newspapers have been running an ad for Restorex, an "all-natural vitamin" claiming to allow the user to continue smoking while enjoying a healthy life. When a local coalition member called the toll free number she was told Restorex was full of antioxidants to flush out toxins and comes with a 100% money-back guarantee. She was told "Only 2 capsules daily will restore you to health while you continue smoking!" If you find any newspaper ads in Washington promoting this product you are asked to contact the Washington State [Attorney General](#).

TriMet to Clear the Air at Some Bus and Light-Rail Platforms

TriMet is working on a pilot project that would ban outdoor smoking at some MAX light-rail platforms and bus shelters in Oregon. Lighting up at those banned sites could bring a fine of \$94. TriMet police, fare inspectors and supervisors could issue citations. The Tri-County Tobacco Free Coalition of Oregon requested that the TriMet board consider a smoke-free policy last April, stating "The Board will have to consider the boundary between individual responsibility and the responsibility of government to protect all the citizens." Smoking would remain permitted at any stop not marked as a no-smoking location. TriMet is developing language, locations and materials that will be used for signage. Once that is determined, they will launch a campaign to educate employees and the public in an attempt to create the best chance for the no-smoking policy to be successful. For more information contact: [Tabithia Engle](#), Chair, Tri-County Tobacco-Free Coalition of Oregon.

Two New Studies Bad News for Women who Smoke or are Exposed to Secondhand Smoke

Smoking cigarettes cuts an average of 11 years from the life expectancy of women, compared to three years for men, according to a new study from the Netherlands. Research group CBS for the Dutch government concluded that lung-cancer cases among women have risen over the past few decades, in step with an increase in female smoking. Further, Dutch women with lung cancer died on average at age 70, while their healthy peers had a life expectancy of 81. Men had a life expectancy of 76, but lung-cancer victims lived an average of 73 years. [Reuters reported January 31](#) In a separate study, researchers found that women non-smokers who lived with husbands who smoked had an elevated prevalence of stroke, and prevalence increased with increasing intensity and duration of husbands' smoking. The study's authors examined the association between smoking by husbands and stroke prevalence among women nonsmokers in Shanghai, China, where two thirds of men but few women smoke. [The American Journal of Epidemiology February 1 2005, Vol. 161](#)

Cuba Steps up Efforts to Reduce Smoking — Especially Among Teens

Havana, Cuba may be famous for its cigars but it is now illegal to light one in public. A new law bans smoking in government buildings, stores, restaurants, schools and all hospitals grounds, school playgrounds, taxis, nightclubs and funeral parlors. The law specifically targets the growing tobacco abuse problem among teenagers. It forbids the sale of cigarettes and cigars to consumers under 16 years of age. While this law has been on the books for several years, store clerks seldom ask teenagers buying tobacco for proof of age. The law also forbids the sale of tobacco products and alcohol less than 100 yards from any school or child care center. (AP 2/7/05)

Join Youth Led Anti-Tobacco Activists

Here is your chance to join Ignite, the only national anti-tobacco activism organization founded and led entirely by youth. Ignite was started in 2002 by one of the Campaign for Tobacco-Free Kids' Youth Advocate of the Year Award recipients. Its purpose is to hold accountable public officials who cater to the interests of the tobacco industry. This means that if a politician accepts money from the tobacco industry and, in turn, performs favors for the industry, Ignite will be there to raise public awareness about that public official's actions. You can join Ignite by clicking on the link below. This link will take you to Ignite's registration page where you can sign up to be an online activist for them. [Join Ignite](#)

Gustav's Bier Stube - The Rheinlander Named Portland's Best Smoke-free Bar

Pac/West Communications announced the "People's Choice Award for Favorite Smokefree Establishment" in Portland. [Gustav's Bier Stube - The Rheinlander](#) on N.E Sandy in Portland was the winner. The contest was part of their "Celebrate a Smokefree New Year's" promotion. Participants voted via the American Lung Association of Oregon website. You can also enjoy the smoke-free restaurant and bar at Gustav's in Fishers Landing, 1705 SE 164th, Vancouver, 360.883.0222.



Training Opportunities

April 19 **Effective Strategies for Working with Diverse Communities--Session II**

Goals: Identify barriers and challenges in working with diverse groups; increase awareness from the points of view of different stakeholders; describe specific actions that create barriers to communicating with diverse groups, gain knowledge in collaboration, cooperation and planning.

Registration: 8:30 AM Training: 9 AM - 5 PM

Vancouver: Red Lion at the Quay, Vancouver www.tobaccoprc.org

April 28-29 **Sustaining Prevention Through Policy and Organizational Practice Change Training**

Participants will begin to understand: Comprehensive strategies for prevention, changing policy, sustainability, key collaboration concepts, fostering a collaborative environment within organizations, and how to communicate the importance of policy and organizational practice change Tacoma Convention Center. Learn more at: www.preventioninstitute.org/

Classes Offered

TAP/TEG classes are being held at Hudson's Bay High School and Fort Vancouver High School. The classes are open to all teens up to age 18 who may not be in school. For more information contact [Dinah Jo Brosius](#) at ESD 112, 360.750.7500 x 144.

Tobacco cessation classes offered at the Wellness Project

Time: 5:30-6:30 PM

Dates: Mondays evenings for 8 weeks starting March 7th

Location: The Wellness Project

317 E. 39th Street, Vancouver

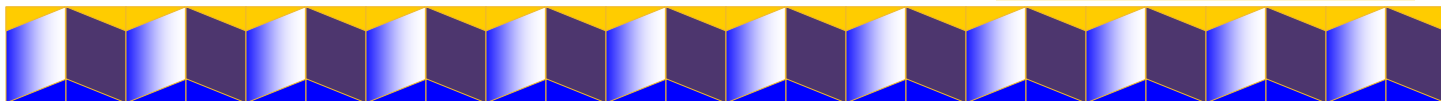
360.546.1722

Cost: Free

Contact: [Jamie Zentner](#) or 360.574.4074

Newsletter Contacts:

- [Editor, Kimberly Nelson](#)
- [Tobacco Free Coalition of Clark County](#)
- [Tobacco Free Coalition of Skamania County](#)
- [Clark County Health Department Tobacco Prevention and Education Program](#)
- [Washington State Department of Health Tobacco Prevention and Control Program](#)
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Calendar of Events

- 3/2 TATU training**, 8 AM - 1:15 PM, ESD 112. Contact: [Theresa Cross](#), 360.397.8215 x 3178
- 3/4 Secondhand Smoke Task Force**, 1:30 PM -3:00 PM, Clark County Health Department Garden Room. Contact: [Theresa Cross](#), 360.397.8215 x 3178
- 3/10 Tobacco Free Coalition of Skamania County** meeting, 3:30 PM - 5:00 PM, Rock Creek Center in Stevenson. Contact: [James Lanz](#), 360.397.8416
- 3/10 Schools Task Force meeting**, 7:30 AM - 9:00 AM Clark County Health Department Garden Room. Contact: [Deb Drandoff](#), ESD 112, 360.750.7500 x 303
- 3/22 BREATHE** meeting, 3:30 PM Clark County Health Department Garden Room. Contact: [James Kissee](#), 360.397.8214
- 3/24 Cessation Task Force** meeting, 2:30-4 PM Garden Conference Room, Clark County Health Department Contact [James Lanz](#) 360.397.8416

Please [let us know](#) about your tobacco related events so we can post them here.